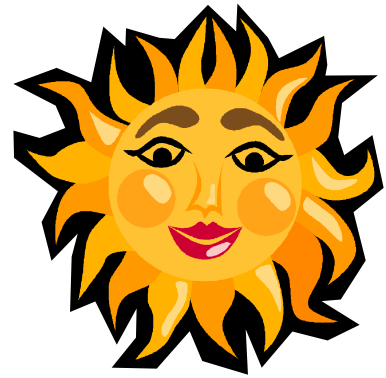


SAFETY MESSAGE

Your Personal Safety is our #1 priority



Sunburns, Compiled by USDA-AHIS-CCEP

1. Sunburn causes red, hot and tender skin in the burned areas; in extreme cases, second degree burns may form blisters
2. Sun poisoning means a sunburn is severe enough to cause a whole body reaction, which might include a fever, chills, nausea, vomiting and a headache

How to Treat Sunburn:

- Protect the burned part from the sun
- Apply cool, wet compresses or witch hazel to help relieve the pain
- Apply a moisturizing cream
- Take ibuprofen to relieve pain and decrease skin inflammation
- Drink plenty of fluids

Other Sunburn Treatments:

- Lightly rub white vinegar on the affected area
- Dip a cotton ball in cold milk and apply to affected area
- Apply pure aloe vera to affected area
- Saturate a washcloth in a baking soda solution (4 tablespoons in 1 quart of water) and apply to the affected area
- Make a baking soda paste with 3 parts baking soda and 1 part water and apply to the area

See a Doctor if:

- Sunburn is widespread and severe
- Sunburn blisters are accompanied by chills, fever, and nausea or vomiting—medical attention is needed to prevent dehydration and infection
- Eyes are extremely painful or feel gritty—you will need to have your eyes checked by an ophthalmologist (an eye doctor) to determine any damage to the eyes; corneas are particularly susceptible

To Prevent Sunburn:

- Wear protective clothing such as long sleeves and a wide-brimmed hat
- Apply a sunscreen lotion with a sun protection factor (SPF) of at least 15 to exposed skin
- Be especially careful when on water, sand, or snow because sunrays can easily reflect off these surfaces increasing exposure